

**“40 SIMPLE
WAYS TO FEEL
HAPPIER AND
HEALTHIER”**



A Special Report

**By
JFT Beach**

HAPPIER AND HEALTHIER OVER 40:

“Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips”

www.happierandhealthierover40.com

Dear Friend,

Thanks for taking the time to download this special report.

It's a snapshot of the tips, tricks and techniques which I've been trying out over the years to enhance my life.

I'm confident that they will benefit you too - *who knows maybe you use a few of them already?*

Anyway, without further ado let's get this started, and I sincerely hope you enjoy the journey,

JFT Beach

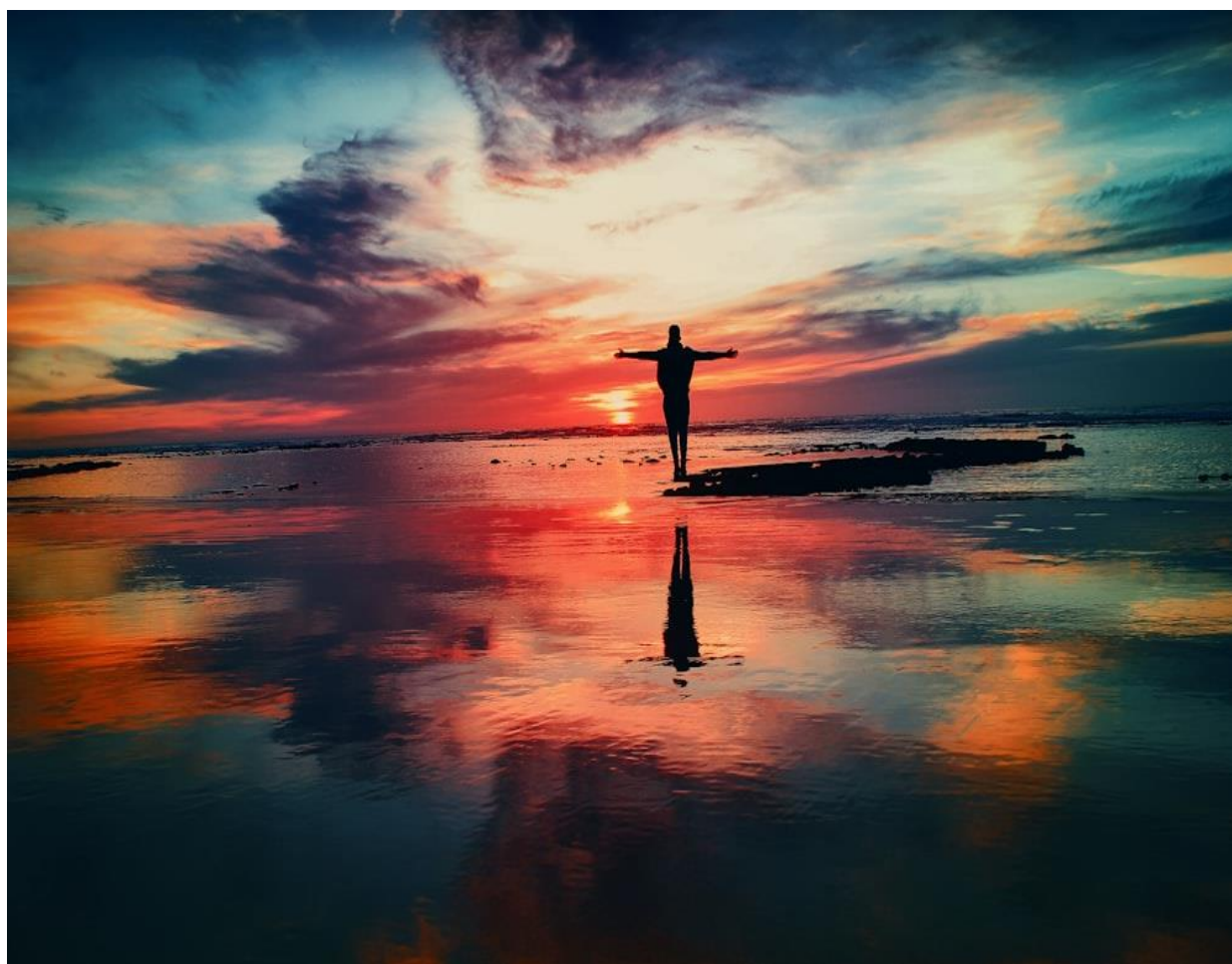


Photo by [Mohamed Nohassi](#) on [Unsplash](#)

HAPPIER AND HEALTHIER OVER 40:

"Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips"

www.happierandhealthierover40.com

40 Simple Ways to Feel Happier and Healthier:

- 1. Get cold** - Hat tip to Wim Hoff. I started [cold water swimming](#) 5 years ago. It's hands down the best thing I've ever done (for mental and physical health). No sea nearby? Cold showers good too. Even walking out in a t-shirt in winter builds your resilience.
- 2. Everyone's struggling** - When you remember this it's easier to be compassionate and thoughtful. That '*loud annoying person*' at work probably still living childhood trauma of insignificance. The '*rude and grumpy*' one... probably unhappy to their core. When borne in mind can make interactions easier.
- 3. The best medicine is exercise** - Within reason of course. Press ups not going to cure cancer. But exercise, quite probably even more than healthy food, gives you the best chance of living longer and healthier. For example, [research](#) has shown that walking is perhaps THE most effective cure for back pain.
- 4. Track to build better habits** - New eating plan? New exercise regime? New sleep approach? Track it for a week or two. Gives you a better view of what's happening. Also tracking makes you much better at the habit (a.k.a. the scientific phenomena of the Hawthorne Effect).

HAPPIER AND HEALTHIER OVER 40:

"Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips"

www.happierandhealthierover40.com

- 5. Hug a Tree** – Lots of research shows being in nature lowers stress levels. The Japanese government have been advocating forest bathing ('shinrin yoku') since the 1980's for it's mental and physical health qualities.

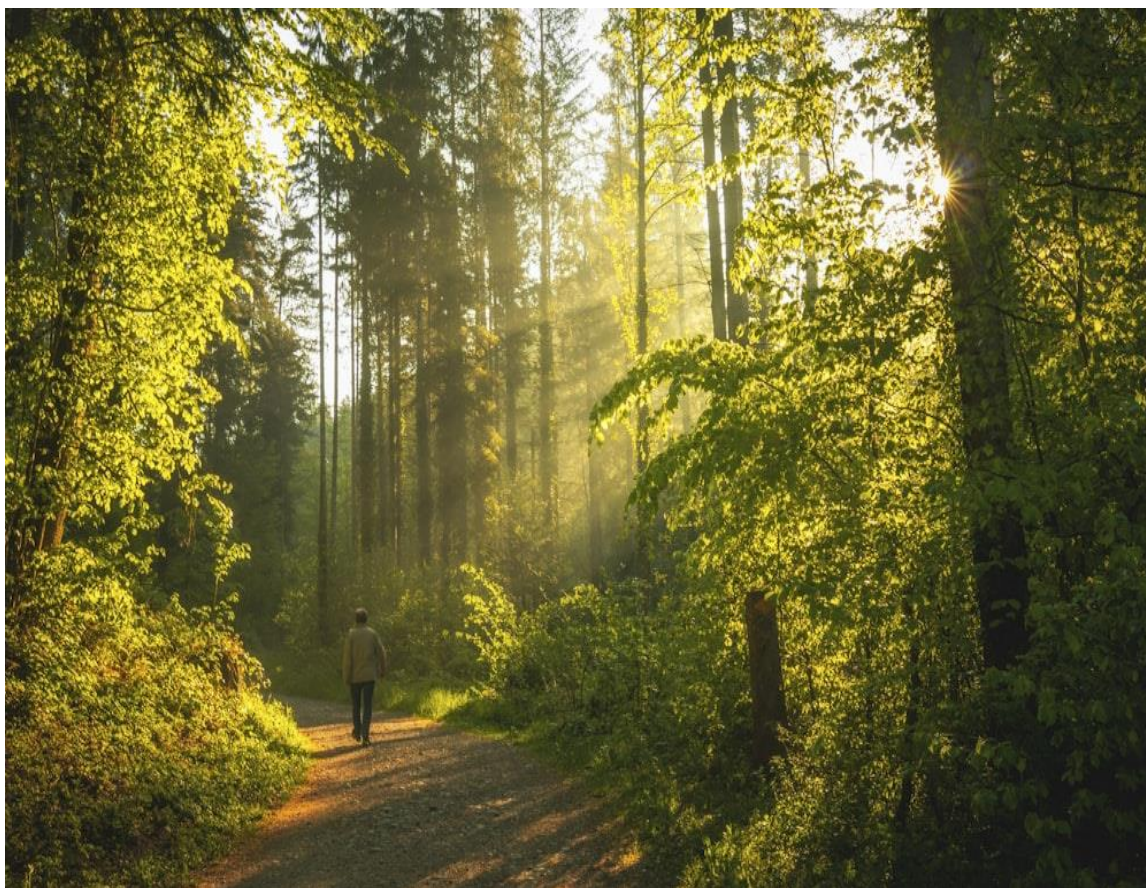


Photo by [Jan Huber](#) on [Unsplash](#)

- 6. HIIT me baby one more time** - Do a High Intensity Interval Training session once a week. It improves VO₂ Max which is a strong indicator for living longer and healthier.

- 7. Offer other people empathy not sympathy** - Empathy *"that must make you feel sad"* Vs sympathy *"never mind don't worry about it"*. One shows you care and respect, the other shows you want this awkward

HAPPIER AND HEALTHIER OVER 40:

"Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips"

www.happierandhealthierover40.com

situation over. Just as important to do with adults as kids.

8. Get up and out EARLY - Exposure to outside light within 20 minutes of waking helps set your day and your night time sleeping pattern (hat tip [Andrew Huberman](#)), which improves sleep.

9. Make apologies sincere - Any apology that ends with 'but' as in "I am sorry but..." isn't an apology. Show genuine remorse and caring for the other person. An apology should never be used tactically.

10. Lift heavy stuff - We've always carried stuff in human history. Wood, dead animals, and water. It's what we're supposed to do. So, lift weights. One great activity is to walk carrying a weighted backpack as [it can burn 2-3 times as many calories as walking alone](#).

11. The last day on earth trick - Heard this on a Joe Rogan podcast. Next time you're getting annoyed with your child, spouse, or friend; imagine it's the last day on earth you have together. It'll quickly change your perspective on a situation for the better.

12. Binary beats - Whether you want concentration, energy, or chill out; binaural beats rock. It's music designed to mimic your brainwaves. [You Tube](#) is your friend to find this stuff.

13. Be proactive about your health - Be proactive with health check-ups, be curious about your health. I recently saw my doctor about prostate issues and he offered medication, which I didn't want. Instead, I found

HAPPIER AND HEALTHIER OVER 40:

"Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips"

www.happierandhealthierover40.com

'Squeezy' a simple mobile phone prostate exercise app. which improved my prostate problems no end.

(**IMPORTANT** - Not saying self-medicate or self-diagnose. Always consult a medical professional. But do so armed with your own knowledge and research).

- 14. Get hot** - Saunas are mega. [Proven benefits to health and wellness](#). Combine with cold water for double whammy. No sauna? Work out in heavy layers or take hot baths.



Photo by [Huum Sauna](#) on [Unsplash](#)

- 15. You can't buy happiness for longer than a few seconds** - Impulse buys make you feel good for a few dopamine filled seconds followed by buyer's remorse. Save

HAPPIER AND HEALTHIER OVER 40:

"Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips"

www.happierandhealthierover40.com

purchases for 48 hours then re-evaluate (the Amazon Wish List is great for this).

- 16. Stop being comfortable** - See hot and cold above. But also move more outdoors in all weathers. Go camping. Sleep on the floor. Too much air con, central heating and driving everywhere makes us weaker and less healthy.
- 17. Read often** - Fiction and non-fiction. Fiction improves empathy because you gain a different point of view. Non-fiction gives you the skills and inspiration to do and be better.
- 18. Re-read good books, particularly non-fiction.** You'll find way more the second time. Then find a podcast with the author talking about the book; get even more. Also get active when you read. Take notes. Highlight points. Rip out pages of importance.
- 19. Sleep 7.5-9 hours per night** - Any more or less is likely to catch up with your health in a negative way. Recommended by sleep expert [Matt Walker](#).
- 20. Stretch** - Yoga, Pilates and all kinds of flexibility stretching is crucial when getting older. Especially to avoid the dangers of sitting ([aka the new smoking](#)).
- 21. Be wary of media consumption** – Sure be informed, but if you live your life by the news be prepared for a whole heap of second hand misery. Terrible stuff happens every day but a constant reminder isn't a recipe for great mental health.

HAPPIER AND HEALTHIER OVER 40:

"Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips"

www.happierandhealthierover40.com

22. Take responsibility - Especially when things go wrong. Own your part. You're only human. We all make mistakes.

Ownership = Honesty = Better chance to move on.

23. Go barefoot - Shoes weren't always a thing. Our feet have a crazy amounts of nerves and have been our main contact with the world forever. We lose that with the constant shoe-age. Go barefoot indoors or in your garden; helps balance and stability.



Photo by [Lucas Sankey](#) on [Unsplash](#)

24. Say thank you - Like an apology, a sincere and honest thank you is a great gift to give. Spoken, texted or

HAPPIER AND HEALTHIER OVER 40:

"Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips"

www.happierandhealthierover40.com

even a hand written note (I know crazy concept, right? 😊)

25. Teachers - No not Mrs. Etherington from junior school who taught you the value of chickens (*or something*). But life teachers. Find them at work or in your personal life. In books, podcasts or through coaching.

26. Find your OWN path - In sort of contradiction to the last point. Follow teachers for knowledge and inspiration but ultimately find your own path. Take what makes sense from others; use it, test it, keep what works, chuck the rest.

27. Talk banal stuff to strangers - Most people want to connect. Offer that option by talking about whatever seems to work in the situation. Don't be afraid of rejection, it's rare and hardly ever about you.

(**NOTE:** Be context aware; not always appropriate to approach strangers)

28. You make few logical decisions in life - Don't kid yourself. Even the most seemingly logical, well thought out, decisions are generally based on emotion. Once you see this it's a bit easier to make decisions in life.

29. Embrace difference - Be it gender, sexuality, skin colour, neuro diversity, mental health, physical disability, country of origin. Whatever. We're all people. All trying to get along in this weird, one shot, thing we call life. Give people a chance. Ask a question if you're not sure. Ask it

HAPPIER AND HEALTHIER OVER 40:

"Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips"

www.happierandhealthierover40.com

respectfully. Get a better perspective. Be more human.

30. Do 'talking pace' cardio - Lots of it. Walking, cycling, jogging, swimming. At a speed where you can hold a conversation (just). One of [THE best ways to ward off ill health and aging](#).

31. Don't sweat other people's opinions - Too much time and opportunity get wasted worrying what others may think. Luckily '*Don't give a damn ability*' © improves with age.

32. Plan and visualise important stuff - *Got a work meeting? Some negotiation to carry out? Need to teach your kids something?* Think about it first. Visualise what you'll say. Counter any potential objections before they arise. Don't just wing it.

33. Learn new stuff - Learning new skills keeps the brain nimble and alert. Try languages, musical instruments, and new physical exercises.

(NOTE – [Crosswords and word puzzles may not be as effective](#) as learning new skills according to many scientists).

34. Don't fall over - This is aimed particularly at the second half of your life. Research shows strong links between falling, as you age, and poor life outcomes including premature death. Particularly if you end up in hospital. Strengthen against this by walking stairs and doing 'step up' exercises.

HAPPIER AND HEALTHIER OVER 40:

"Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips"

www.happierandhealthierover40.com

- 35. Take things lightly** – Laughter and humour diffuses much. Research outlines [physical and mental health benefits of laughter](#).



Photo by [Surface](#) on [Unsplash](#)

- 36. Get tribal** - Find your group, tribe, community. Activities in common and social time is all good for the body, brain and soul.
- 37. Get free exercise** - There's tons of opportunities to exercise each day without needing to spend time exercising at the gym. Carry a basket in the supermarket instead of a trolley. Always take the stairs. Walk your lunch hour. Instead of food snacks take exercise snacks in the day (*press ups, squats, lunges*).

HAPPIER AND HEALTHIER OVER 40:

"Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips"

www.happierandhealthierover40.com

- 38. Star gazing** - Take a good, proper look at the stars at night. Not just spotting Orion's belt and all that jazz (remarkably cool that they are). Take in the stars and all that surrounds them. Their enormity. Their majesty. How vast it all is, and how tiny and insignificant we are. Because... *perspective*.
- 39. Throw stuff out** – Holding on to possessions we no longer need can be a one way journey to clutter, mess and negative energy. Make a rule. If you've not used something in the past 12 months then get rid. Give to a charity shop. Sell them on Vinted, eBay, or Marketplace.
- 40. Start tomorrow... the night before** – Plan for the day ahead. First thing in the morning we zombie stumble around with semi-working brains. Leave your breakfast stuff ready-made or laid out on the table. Have your work bag packed. Leave your gym gear ready by the front door.
- 41. Don't be afraid to break the rules** - *See what I just did there? ☺*

That's all folks!

Thanks for reading and I hope you've found some benefit in this short report.

I write more about these, and other health and wellness topics, for middle age and beyond in my newsletter [“Happier and Healthier Over 40”](#)

To your journey,

JFT Beach

PS If you enjoyed this short report, please feel free to email it on to a friend.



Photo by [Disruptivo](#) on [Unsplash](#)

HAPPIER AND HEALTHIER OVER 40:

“Inspiring YOU to a Happier & Healthier Life with Fun Stories and Easy-To-Use Tips”

www.happierandhealthierover40.com
